

## Arts & Crafts

### Acrylic and Oil Painting

Instructed by Donna Levine, this course in Acrylic and Oil Painting includes composition, color theory and basic painting techniques. Class requires additional materials; please bring materials to the first class. For a list of supplies, visit [www.tempe.gov/pyle](http://www.tempe.gov/pyle) or the Pyle Center Front Desk. 480-350-5211

54109	50 yrs+	M	6/5-7/24	9 a.m.-noon	PAC	\$53
54110	50 yrs+	W	6/7-7/26	1-4 p.m.	PAC	\$53
54111	50 yrs+	Th	6/8-7/27	9 a.m.-noon	PAC	\$53

### Drawing: Color/B&W

In this class instructed by Donna Levine, students can explore both black and white, and color media of their choice. Emphasis will be on technique, composition and learning to "see" color. Cost of materials will vary depending on the media you choose. Please bring one drawing medium and appropriate paper to the first class. 480-350-5211

54115	50 yrs+	M	6/5-7/24	12:30-3:30 p.m.	PAC	\$53
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### Pastel Painting

Instructor Alice Van Overstraeten covers a unique medium in a fun environment where you will produce beautiful art with intense color. Please bring supplies to the first class. For a list of supplies, visit [www.tempe.gov/pyle](http://www.tempe.gov/pyle) or the Pyle Center Front Desk. 480-350-5211

54119	50 yrs+	Th	6/15-8/10	1-4 p.m.	PAC	\$59
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### Watercolor Painting

Emphasis is on the use of materials as they apply to still life, landscape and portraiture. Class requires additional materials. Approximate cost of materials is \$40-\$45 depending on projects selected. For a list of supplies, visit [www.tempe.gov/pyle](http://www.tempe.gov/pyle) or the Pyle Center Front Desk. Please bring materials to the first class. Instructor: Donna Levine. 480-350-5211

54130	50 yrs+	T	6/6-7/25	1-4 p.m.	PAC	\$47
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### Watercolor Painting; Introduction

Tips and tricks to get you started in watercolor painting. Class requires additional materials. Approximate cost of materials is \$40-\$45. For a list of supplies, visit [www.tempe.gov/pyle](http://www.tempe.gov/pyle) or the Pyle Center Front Desk. Please bring materials to the first class. Instructed by Alice Van Overstraeten. No class 7/4. 480-350-5211

54131	50 yrs+	T	6/13-8/8	9 a.m.-noon	PAC	\$52
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## Business & Computers



### Memories on an iPad

Memories, is one of Apple's photo apps for the iPhone or iPad. You will learn how to get started with Memories by creating your own slideshows, customizing it to your liking with photos, videos, music, titles and more. Intermediate iPad skills recommended. Fee: None. 480-350-5802

54917	50 yrs+	M	6/12-6/26	10-11:30 a.m.	LMILL
55221	50 yrs+	W	7/12-7/26	10-11:30 a.m.	PAC

### My Favorite App

Learn how to locate and download apps and what you should know before you download them to your tablet or smartphone. We will introduce you to our favorite apps to you and you can share your favorite apps with the class. Basic iPad skills are recommended. Fee: None. 480-350-5802.

54914	50 yrs+	T	7/18, 7/25	3-4:30 p.m.	LMILL
55220	50 yrs+	W	6/7, 6/14	10-11:30 a.m.	PAC

### Technology for Seniors

Technology can be challenging. This class will answer frequently asked questions: How do I move pictures from my iPhone to my computer? How do I attach a picture to a text message? Do I need more storage? and more. This class will focus on using iPads. Intermediate computer and iPad skills are recommended. Fee: None. 480-350-5500

55211	50 yrs+	M	7/3-7/17	10-11:30 a.m.	LMRB
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## Dance, Music & Theater

### Line Dance; Beginning

A perfect class for the beginner who would like to learn the fun and easier dances at a slower pace. Focus is on form, technique and terminology in a fun and friendly environment. No partner necessary. No class 6/20, 7/4. Instructor: Fran Dewar. 480-350-5211

54117	50 yrs+	T	6/6-8/8	1:30-2:30 p.m.	PAC	\$32
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### Line Dance; Intermediate

A continuing class for those who feel they have mastered the basics and want more of a challenge. Focus is on rhythms, patterns and styles as you move to the music. No class 6/20, 7/4. Instructor: Fran Dewar. 480-350-5211

54118	50 yrs+	T	6/6-8/8	2:30-3:30 p.m.	PAC	\$32
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### Tap Dance; Beginning

This beginning level class will teach you the basic Tap steps as you put them together to create a fun dance routine. Lots of fun, and great exercise. Instructor: Jana Moore. 480-350-5211

54126	50 yrs+	M/Th	6/5-8/3	M 10:30-11:25 a.m. Th 11:15 a.m.-12:10 p.m.	PAC	\$54
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## Activities for Adults (50+ Years)

### Tap Dance; Intermediate

Get fit while having fun. Learn fundamental Tap technique and steps, and then choreograph them for muscle memory. Start tapping your way to fitness. No class 7/4. Instructor: Jana Moore. 480-350-5211

54127 50 yrs+ T/Th 6/6-8/3 9:10-10:05 p.m. PAC \$51

### Tap Dance; Performance

Take the fundamental Tap dance technique and steps that you've learned, and now focus on formations and polishing-up routines for performances. Must come prepared to have fun. No class 7/4. Instructor: Jana Moore. 480-350-5211

54128 50 yrs+T/Th 6/6-8/3 10:10-11:05 a.m. PAC \$51

## Health & Fitness

### Adult Fitness

Step away from the stress in your life and come workout for an hour at Escalante Community Center. Workouts will occur in a small group setting. Participants will receive individual attention. No class 7/4. Fee: None. 480-350-5800

54796	50 yrs+	M	6/5-7/24	noon-1 p.m.	ESCA
54797	50 yrs+	T	6/6-7/25*	noon-1 p.m.	ESCA
54798	50 yrs+	W	6/7-7/26	noon-1 p.m.	ESCA
54799	50 yrs+	Th	6/8-7/27	noon-1 p.m.	ESCA
54800	50 yrs+	M	7/31-8/21	noon-1 p.m.	ESCA
54801	50 yrs+	T	8/1-8/22	noon-1 p.m.	ESCA
54802	50 yrs+	W	8/2-8/23	noon-1 p.m.	ESCA
54803	50 yrs+	Th	8/3-8/24	noon-1 p.m.	ESCA

### Banner Brain Health Program

Banner Alzheimer's Institute and Banner Sun Health Research Institute have designed a program to boost brain health. This free 2.5 hour Brain Health Boot Camp reviews lifestyle factors related to brain health and teaches a variety of methods to exercise various cognitive domains of the brain. Limited to 20 people and requires pre-registration by calling 602-230-2273. Fee: None.

No Code 50 yrs+ Th 8/31 9:30 a.m.-noon CSC

### Chair Fit and Fabulous

All levels welcome in this exercise class. Exercise at your own pace and comfort level, using a chair or standing. Fee: None.

480-858-2420

54867	50 yrs+	M	6/5-6/26	10:30-11:30 a.m.	CSC
54871	50 yrs+	M	7/3-7/31	10:30-11:30 a.m.	CSC
54872	50 yrs+	M	8/7-8/28	10:30-11:30 a.m.	CSC

### Chair Yoga

Unable to get up and down from the floor? You can still do Yoga. Learn to breathe slower and deeper, increase flexibility and strength, improve your memory, sleep better and boost your immune system. Some poses may be done either seated or standing with wall or chair as support.

Instructor: Rebecca Auernheimer. 480-350-5211

54114 50 yrs+ W/F 6/7-8/4 9-10 a.m. PAC \$54

### Eat Healthy, Be Active

Taught by Nutrition Education Professionals, discuss healthy food choices, recipe modifications/substitutions, eating on a budget and a cooking demonstration with samples. Each participant will take home recipes and a free gift. No class 7/4. Fee: None. 480-858-2420.

54868 50 yrs+ T 6/16-7/18 10-11 a.m. CSC

### Exercise Your Brain, Neurobics

Neurobics are mental exercises designed to create new neural pathways in the brain by using your senses. By using your senses in unexpected ways, you can shake up your everyday routines. Fee: None. 480-350-5802.

54911 50+ yrs T 6/6-6/27 2-3:30 p.m. LMILL

### Exercise Your Brain: BrainHQ

BrainHQ is an easy way to make brain health a priority. Tempe Public Library card holders can access a suite of online exercise designed to stretch your brain in new ways to help you think faster, focus better and remember more. It provides a series of mental exercises that you do to turn back the clock on your brain. Fee: None. 480-350-5802

54913	50 yrs+	M	6/5	10-11:30 a.m.	LMILL
55209	50 yrs+	Th	7/27	10-11:30 a.m.	NCC

### Gentle Joint Cardio

Get up and go with this aerobics class that is safe, heart healthy and gentle on the joints. Emphasis is on alignment, posture and having a good time. Easy to follow workout includes: low-impact movement, strength training with light hand held weights and stretching exercises to energize your active lifestyle. Chair used during cool down, no floor work. Instructor: Kim. 480-350-5200

54087 50 yrs+ W 6/7-8/23 10:30-11:30 a.m. PAC \$45

### Gentle Yoga

This class will focus on breathing and relaxation techniques that will quiet the mind and relax the body. Students will practice the basic hatha yoga poses, focusing on those that stretch the muscles and improve balance and strength. No class 7/4. Instructor: Kim Killingsworth. 480-350-5211

54116 50 yrs+ T 6/6-8/15 12:15-1:15 p.m. PAC \$34

## Activities for Adults (50+ Years)

### North Tempe Walking Club

Join the North Tempe Walking Club with two great options: join us Monday through Friday at Vista Del Camino Park at 6:30 a.m. and walk 3 to 6 miles or come to the North Tempe Multi-Generational Center and walk in the gym at your own pace. All Levels welcome. Fee: None. 480-858-6512.  
No Code 50 yrs+ M-F 6/5-8/4 7:30-9 a.m. NCC

### PickleBall; Drop-In, North Tempe Community Ctr.

The North Tempe will have two courts open for drop-in recreational games. All players must have a free facility membership and a valid fitness pass. Fitness pass cost: \$1 per visit, \$10 three month pass, \$25 year pass. 480-858-6500.  
No Code 50 yrs+ Th Ongoing 9 a.m.-noon NCC

### Seated Strength Training

Learn about things you can do with weights and bands while sitting to increase your strength. Instructor: Kim Killingsworth. 480-350-5211  
54120 50 yrs+ M 6/5-8/14 9-9:45 a.m. PAC \$33  
54121 50 yrs+ Th 6/8-8/17 10:15-11a.m. PAC \$33

### Silver Sneakers Exercise Program

North Tempe offers a senior based exercise program in partnership with The Tempe YMCA and Healthways. The program is an insurance-based program that requires a Silver Sneaker card for access. Call 888-423-4632 for eligibility questions or to order a new card.

### Circuit Class

The circuit class uses hand-held weights, strength bands and balls to engage each participant in low impact aerobic exercises as well as stretching relaxation exercises. Registration is not required. Fee: None.  
No Code 50 yrs+ M Ongoing 9:30-10:30 a.m. NCC

### Classic Class

The Classic class is designed to increase muscular strength, range of movement and activities for daily living. Registration is not required. Fee: None.  
No Code 50 yrs+ W/F Ongoing 9:30-10:30 a.m. NCC

### Stretch & Tone

Haven't exercised in a while? Get back into the exercise routine with this gentle exercising and stretching program. Exercise at your comfort level either sitting in a chair or standing. Instructor: Fran Dewar. \*No class 6/19, 6/21. \*\*No class 6/20, 6/22, 7/4. 480-350-5211  
54122 50 yrs+ M/W 6/5-7/5\* 10:30-11:15 a.m. PAC \$20  
54123 50 yrs+ T/Th 6/6-7/6\*\* 9:15-10 a.m. PAC \$18  
55289 50 yrs+ M/W 7/10-8/9 10:30-11:15 a.m. PAC \$24  
55290 50 yrs+ T/Th 7/11-8/10 9:15-10 a.m. PAC \$24

### Tai Chi/Body Balance I

Use basic Tai Chi movements and Qigong breathing exercises to gently relax and exercise the body. Emphasis is on balance and stability, but students will also learn basic stretching exercises to improve flexibility and strength. A basic Tai Chi Short Form that uses five major movements to exercise the body will be learned. Drop-in available: \$5. Instructor: Barbara Orr. 480-350-5211  
54124 50 yrs+ M 6/5-8/7 11:45 a.m.-12:45 p.m. PAC \$37

### Tai Chi / Body Balance II

This is an introductory class in the Guang Ping Yang style of Tai Chi and will concentrate more on learning Tai Chi moves that will help you to gain balance and flexibility, while improving breathing and posture. Preferred prerequisite: Tai Chi/Body Balance I. Instructor: Barbara Orr. 480-350-5211  
54125 50 yrs+ M 6/5-8/7 12:50-1:50 p.m. PAC \$37

### Toners & Shapers

Designed to strengthen and tone muscles and increase flexibility. Class consists of a warm-up and stretch, strength-training exercise, and cool-down stretch and relaxation. Each participant is encouraged to work at their own level. Participants are asked to provide their own weights upon instructor recommendation. Instructor: Fran Dewar. \*No class 6/19, 6/21, 6/23. 480-350-5211.  
54129 50 yrs+ M/W/F 6/5-7/7\* 9:05-10:20 a.m. PAC \$36  
54739 50 yrs+ M/W/F 7/10-8/11 9:05-10:20 a.m. PAC \$45

### Yin Yoga

Increase range of motion by sitting in gentle, passive yoga poses for several minutes each. This allows you to create space in the fascia (connective tissue which runs throughout the body), thereby releasing restriction. Suitable for beginners. No class 7/4. Drop-in available: \$5. Instructor: Rebecca Auernheimer. 480-350-5211  
54113 50 yrs+ T 6/6-8/8 8:05-9 a.m. PAC \$31

### Yoga Nidra

Guided meditation received while reclining comfortably. Release stress and tension, calm the nervous system, rest deeply, and effortlessly float beyond the busy chattering mind. Helps to reach restorative levels of relaxation and find more ease in our daily lives. Suitable for beginners. Drop-in available: \$5. Instructor: Rebecca Auernheimer. 480-350-5211  
54724 50 yrs+ Th 6/8-8/10 8:05-9 a.m. PAC \$34

### Zumba for 50+

A fun workout that incorporates unique, Latin dance moves with up-beat Latin music. Zumba maximizes caloric output with fat-burning movements and adapts to your ability level with easy-to-follow dance steps so that you can have fun. Drop-in available: \$5. Instructor: Jana Moore. \*No class 7/4. 480-350-5211  
54132 50 yrs+ T 6/6-8/15\* 11:10 a.m.-12:05 p.m. PAC \$35  
54133 50 yrs+ F 6/9-8/18 10:35-11:30 a.m. PAC \$39

## Activities for Adults (50+)

### Zumba Toning

This Zumba class adds resistance by using lightweight maraca-like Toning Sticks which enhance a sense of rhythm and coordination, while toning target zones including arms, core and lower body.

Instructor: Jana Moore. Drop-in available: \$5. 480-350-5211

54112 50 yrs+ M/W/F 6/5-7/7 8:05-9 a.m. PAC \$52

54728 50 yrs+ M/W/F 7/10-8/11 8:05-9 a.m. PAC \$52

## Social Activities

**For additional information on the following Cahill Senior Center special events and menus, please refer to the monthly Roadrunner Chronicle, or call 480-858-2420.**

### \$1 Appetizers

Join us for an appetizer before we play bingo at 1pm. Please call for weekly menu. Register by the Thursday before each event.

Fee: \$1. 480-858-2420

54847	50 yrs+	M	6/5	noon	CSC
54848	50 yrs+	M	6/12	noon	CSC
54849	50 yrs+	M	6/19	noon	CSC
54850	50 yrs+	M	6/26	noon	CSC
54851	50 yrs+	M	7/3	noon	CSC
54852	50 yrs+	M	7/10	noon	CSC
54853	50 yrs+	M	7/17	noon	CSC
54854	50 yrs+	M	7/24	noon	CSC
54873	50 yrs+	M	7/31	noon	CSC
54874	50 yrs+	M	8/7	noon	CSC
54875	50 yrs+	M	8/14	noon	CSC
54876	50 yrs+	M	8/21	noon	CSC
54877	50 yrs+	M	8/28	noon	CSC

### Birthday Bingo

Bring your lunch and join us as we celebrate the month's birthdays. Cake and Ice Cream will be provided. Play Bingo for grocery prizes. Fee: \$1 for RTA members, \$2 for non-members. 480-858-2420

54855	50 yrs+	Th	6/8	11:30 a.m.	CSC
54856	50 yrs+	Th	7/13	11:30 a.m.	CSC
54878	50 yrs+	Th	8/10	11:30 a.m.	CSC

### Brunch & Bunco

Join us for a delicious brunch and a game of Bunco with prizes. Register by the Monday before each date. Fee: \$4 for RTA members; \$5 for non-members. 480-858-2420

54845	50 yrs+	W	6/14	10 a.m.	CSC
54846	50 yrs+	W	7/12	10 a.m.	CSC
54879	50 yrs+	W	8/9	10 a.m.	CSC

### Fabulous Friday's \$3 Homemade Lunch

Join us for fresh and delicious Friday Lunches at the Cahill Senior Center. Please call for weekly menu. Register by the Wednesday before each event. Fee: \$3. 480-858-2420

54858	50 yrs+	F	6/2	11:30 a.m.	CSC
54859	50 yrs+	F	6/9	11:30 a.m.	CSC
54860	50 yrs+	F	6/23	11:30 a.m.	CSC
54861	50 yrs+	F	6/30	11:30 a.m.	CSC
54862	50 yrs+	F	7/7	11:30 a.m.	CSC
54863	50 yrs+	F	7/14	11:30 a.m.	CSC
54880	50 yrs+	F	7/21	11:30 a.m.	CSC
54881	50 yrs+	F	8/4	11:30 a.m.	CSC
54882	50 yrs+	F	8/11	11:30 a.m.	CSC
54883	50 yrs+	F	8/18	11:30 a.m.	CSC

### Pokeno and Bagels

Pokeno is a game that is a combination of poker and keno, though it is pretty much like playing Bingo with standard playing cards. Join us for a morning of fun games and prizes. Fee: \$2. 480-858-2420

54869	50 yrs+	W	6/7	10 a.m.	CSC
54870	50 yrs+	W	7/5	10 a.m.	CSC
54884	50 yrs+	W	8/2	10 a.m.	CSC

### Special Event Luncheons

Join us for a home cooked meal, entertainment and good company. Themes for each month will be announced in the Roadrunner Chronicle Newsletter or visit [www.tempe.gov/cahill](http://www.tempe.gov/cahill) for more information. Fee: \$5 for RTA members; \$6 for non-members. 480-858-2420

54864	50 yrs+	F	6/16	11 a.m.	CSC
54865	50 yrs+	F	7/28	11 a.m.	CSC
54866	50 yrs+	F	8/25	11 a.m.	CSC

